

**Appendix table 1—Meal and snack eating patterns of children**

Eating occasion	Unit	Children age 2-17	Preschool children	Primary school children	Female adolescents	Male adolescents
<i>Number of eating occasions per day or percent of eating occasions</i>						
Meals	Number	2.7	2.8	2.8	2.5	2.6
At home	Percent	75	82	74	70	73
Away from home	Percent	25	18	26	30	27
Snacks	Number	1.1	1.3	1.0	1.0	1.1
At home	Percent	83	85	85	78	82
Away from home	Percent	17	15	15	22	18
Meals and snacks	Number	3.8	4.1	3.8	3.5	3.7
At home	Number	3.0	3.4	2.9	2.5	2.8
Away from home	Number	0.9	0.7	0.9	1.0	0.9
At home	Percent	77	83	76	72	75
Away from home	Percent	23	17	24	28	25
<i>Percent of away-from-home eating occasions</i>						
Away from home meals						
Fast-food <sup>1</sup>		33	42	30	31	32
Schools <sup>2</sup>		35	18	43	36	40
Restaurants <sup>3</sup>		10	12	8	12	11
Others <sup>4</sup>		22	29	20	22	17
Away from home snacks						
Fast-food <sup>1</sup>		21	12	21	28	27
Schools <sup>2</sup>		19	40	12	11	8
Restaurants <sup>3</sup>		3	1	2	3	6
Others <sup>4</sup>		58	47	65	58	59

<sup>1</sup> Include self-service restaurants, carry out, and cafeteria.

<sup>2</sup> Include schools, day-care centers, and summer camps.

<sup>3</sup> Include restaurants with waiter or waitress service.

<sup>4</sup> Include vending machines, stores, recreation/entertainment places, community feeding programs, someone's home, others.

Compiled by USDA/ERS from 1989-91 CSFII, 3-day weighted averages.

**Appendix table 2—Day of the week: nutrient intakes as percent of recommended levels and from away from home**

Age/gender/ energy/nutrient	Intake as percent of recommended level		Percent of total from away from home	
	Weekday	Weekend	Weekday	Weekend
	<i>Percent</i>			
Children age 2-17				
% of intake days	71	29		
Food energy	89	86	28	27
Total fat	113	113	30	28
Saturated fat	130	128	31	28
Cholesterol	75	87	27	24
Dietary fiber	92	79	28	25
Calcium	100	90	28	21
Iron	117	106	22	22
Sodium	123	123	27	26
Preschoolers				
% of intake days	19	7		
Food energy	93	88	22	18
Total fat	111	112	23	20
Saturated fat	132	131	23	19
Cholesterol	64	69	19	15
Dietary fiber	112	97	21	18
Calcium	103	93	19	12
Iron	109	91	17	15
Sodium	95	94	21	18
Primary school children				
% of intake days	28	12		
Food energy	91	85	29	28
Total fat	114	114	31	29
Saturated fat	131	130	32	29
Cholesterol	75	86	27	22
Dietary fiber	96	76	29	27
Calcium	113	99	30	21
Iron	128	110	22	24
Sodium	126	115	28	28
Female adolescents				
% of intake days	12	5		
Food energy	82	82	36	29
Total fat	113	112	38	31
Saturated fat	126	121	39	31
Cholesterol	74	87	34	27
Dietary fiber	61	62	34	26
Calcium	69	66	35	25
Iron	83	86	27	23
Sodium	125	132	32	27
Male adolescents				
% of intake days	115			
Food energy	85	88	29	29
Total fat	114	115	31	30
Saturated fat	128	127	33	31
Cholesterol	95	114	28	31
Dietary fiber	80	76	27	26
Calcium	94	87	30	25
Iron	140	140	21	23
Sodium	159	173	27	27

Compiled by USDA/ERS from 1989-91 CSFII, 3-day weighted averages.

**Appendix table 3—Comparing nutritional contents of different brands: nutrient intakes as percent of recommended levels and from away from home**

Age/gender/energy/nutrient	Intake as percent of recommended level				Percent of total from away from home			
	Nutrition comparison of different brands							
	Always	Sometimes	Rarely	Never	Always	Sometimes	Rarely	Never
	<i>Percent</i>							
Children age 2-17								
% of all children	13	44	24	19				
Food energy	89	89	87	89	25	29	26	30
Total fat	110	114	113	117	28	31	27	32
Saturated fat	126	130	131	133	29	31	27	33
Cholesterol	82	75	79	83	24	27	21	31
Dietary fiber	99	89	87	81	24	28	28	29
Calcium	102	97	101	90	24	26	25	29
Iron	119	117	109	115	18	22	22	23
Sodium	124	124	118	128	25	27	26	28
Preschoolers								
% of all children	4	11	7	4				
Food energy	91	91	94	95	22	23	20	23
Total fat	108	112	112	120	24	24	21	25
Saturated fat	122	132	133	142	24	24	20	24
Cholesterol	64	60	72	65	19	19	17	26
Dietary fiber	119	111	105	102	22	22	18	22
Calcium	100	101	106	96	19	19	16	19
Iron	116	103	105	102	17	18	16	18
Sodium	97	94	94	99	26	22	19	20
Primary school children								
% of all children	6	17	11	7				
Food energy	94	90	90	86	27	30	25	32
Total fat	110	115	115	114	30	32	25	34
Saturated fat	128	132	134	129	31	32	26	35
Cholesterol	84	75	82	76	24	28	20	31
Dietary fiber	105	91	90	80	26	30	29	31
Calcium	117	109	116	95	26	29	26	29
Iron	124	126	118	123	20	23	22	23
Sodium	133	123	123	118	24	29	25	30
Female adolescents								
% of all children	2	8	3	5				
Food energy	73	83	75	85	28	34	36	35
Total fat	118	111	110	118	30	36	37	38
Saturated fat	131	123	123	131	30	36	37	39
Cholesterol	71	78	61	90	25	33	30	33
Dietary fiber	60	61	56	60	24	31	36	32
Calcium	62	71	58	71	29	29	35	36
Iron	73	86	71	90	23	25	29	27
Sodium	117	131	110	136	27	30	34	30
Male adolescents								
% of all children	2	8	4	3				
Food energy	82	86	77	95	24	29	32	28
Total fat	109	116	112	120	29	30	33	29
Saturated fat	124	131	127	129	31	31	34	32
Cholesterol	113	92	94	115	29	28	27	33
Dietary fiber	80	80	69	87	19	26	33	27
Calcium	97	92	82	98	24	27	31	31
Iron	147	144	121	147	15	22	26	23
Sodium	151	163	153	182	23	27	30	27

Compiled by USDA/ERS from 1989-91 CSFII, 3-day weighted averages.

**Appendix table 4—Awareness of health problem related to nutrient intake: nutrient intakes as percent of recommended levels and from away from home**

Meal planner's diet/health knowledge/ Children's nutrient intake	Children age 2-17	Preschoolers	Primary schoolchildren	Female adolescents	Male adolescents
	<i>Percent</i>				
Problem related to fat intake					
Percent of children's meal planners					
Not aware of the problem	21	23	22	20	18
Aware of the problem	79	77	78	80	82
Fat intake: percent of recommendation					
Not aware of the problem	114	113	115	113	115
Aware of the problem	114	112	113	118	116
Problem related to saturated fat intake					
Percent of children's meal planners					
Not aware of the problem	36	36	36	41	31
Aware of the problem	64	64	64	58	69
Sat. fat intake: percent of recommendation					
Not aware of the problem	131	135	130	124	133
Aware of the problem	130	131	132	128	127
Problem related to cholesterol intake					
Percent of children's meal planners					
Not aware of the problem	12	14	15	8	11
Aware of the problem	88	89	85	92	89
Cholesterol intake: percent of recommendation					
Not aware of the problem	78	68	81	74	91
Aware of the problem	78	64	78	79	101
Problem related to fiber intake					
Percent of children's meal planners					
Not aware of the problem	46	48	46	46	42
Aware of the problem	54	52	54	54	58
Fiber intake: percent of recommendation					
Not aware of the problem	86	112	86	59	71
Aware of the problem	90	106	95	60	80
Problem related to iron intake					
Percent of children's meal planners					
Not aware of the problem	45	42	49	42	43
Aware of the problem	55	58	51	58	57
Iron intake: percent of RDA					
Not aware of the problem	114	107	123	81	133
Aware of the problem	115	104	123	85	145
Problem related to calcium intake					
Percent of children's meal planners					
Not aware of the problem	35	36	38	36	28
Aware of the problem	65	64	62	64	72
Calcium intake: percent of RDA					
Not aware of the problem	94	97	105	68	89
Aware of the problem	98	103	111	68	93
Problem related to sodium intake					
Percent of children's meal planners					
Not aware of the problem	11	13	11	10	10
Aware of the problem	89	87	89	90	90
Sodium intake: percent of recommendation					
Not aware of the problem	120	98	125	119	154
Aware of the problem	124	95	123	129	164
Problem related to overweight					
Percent of children's meal planners					
Not aware of the problem	9	10	10	7	6
Aware of the problem	91	90	91	93	94
Energy intake: percent of REA					
Not aware of the problem	88	95	87	78	87
Aware of the problem	88	92	90	82	85

Compiled by USDA/ERS from 1989-91 CSFII, 3-day weighted averages.

**Appendix table 5—Children’s meal planner’s perceived importance of food/nutrient advice: nutrient intakes as percent of recommended levels and from away from home**

Meal planner’s perception/ Children’s nutrient intake	Children age 2-17	Preschoolers	Primary school children	Female adolescents	Male adolescents
	<i>Percent</i>				
Importance in avoiding too much salt					
Percent of meal planners perceived					
Not important <sup>1</sup>	13	12	14	15	14
Somewhat important <sup>1</sup>	27	29	27	26	22
Very important <sup>1</sup>	60	60	59	59	65
Sodium intake: percent of recommendation					
Not important <sup>1</sup>	118	87	118	137	140
Somewhat important <sup>1</sup>	122	95	120	128	179
Very important <sup>1</sup>	125	97	126	126	163
Importance in eating food with adequate fiber					
Percent of meal planners perceived					
Not important <sup>1</sup>	7	6	9	7	6
Somewhat important <sup>1</sup>	30	33	29	26	32
Very important <sup>1</sup>	62	61	62	67	62
Fiber intake: percent of recommendation					
Not important <sup>1</sup>	84	102	86	71	63
Somewhat important <sup>1</sup>	86	105	90	60	69
Very important <sup>1</sup>	90	112	92	59	85
Importance in avoiding too much fat					
Percent of meal planners perceived					
Not important <sup>1</sup>	13	10	15	17	12
Somewhat important <sup>1</sup>	27	27	27	26	26
Very important <sup>1</sup>	60	62	59	57	62
Fat intake: percent of recommendation					
Not important <sup>1</sup>	112	112	109	114	118
Somewhat important <sup>1</sup>	110	110	117	115	119
Very important <sup>1</sup>	114	114	114	113	113
Importance in avoiding too much saturated fat					
Percent of meal planners perceived					
Not important <sup>1</sup>	8	8	8	10	7
Somewhat important <sup>1</sup>	27	28	28	28	22
Very important <sup>1</sup>	65	64	64	62	71
Sat. fat intake: percent of recommendation					
Not important <sup>1</sup>	130	135	122	136	130
Somewhat important <sup>1</sup>	130	128	132	124	135
Very important <sup>1</sup>	131	134	132	126	127
Importance in avoiding too much cholesterol					
Percent of meal planners perceived					
Not important <sup>1</sup>	10	8	10	12	8
Somewhat important <sup>1</sup>	23	25	23	25	19
Very important <sup>1</sup>	67	67	67	63	72
Cholesterol intake: percent of recommendation					
Not important <sup>1</sup>	71	60	74	71	81
Somewhat important <sup>1</sup>	76	59	73	91	99
Very important <sup>1</sup>	80	67	81	75	102

<sup>1</sup>The three classifications are derived from responses ranging from 1 to 6 with 1 being not important at all and 6 being very important. The item "very important" includes responses of 5 and 6, "somewhat important" includes responses of 3 and 4, and "not important" includes 1 and 2. Compiled by USDA/ERS from 1989-91 CSFII, 3-day weighted averages.